



PT Safety

(Briefer Info)



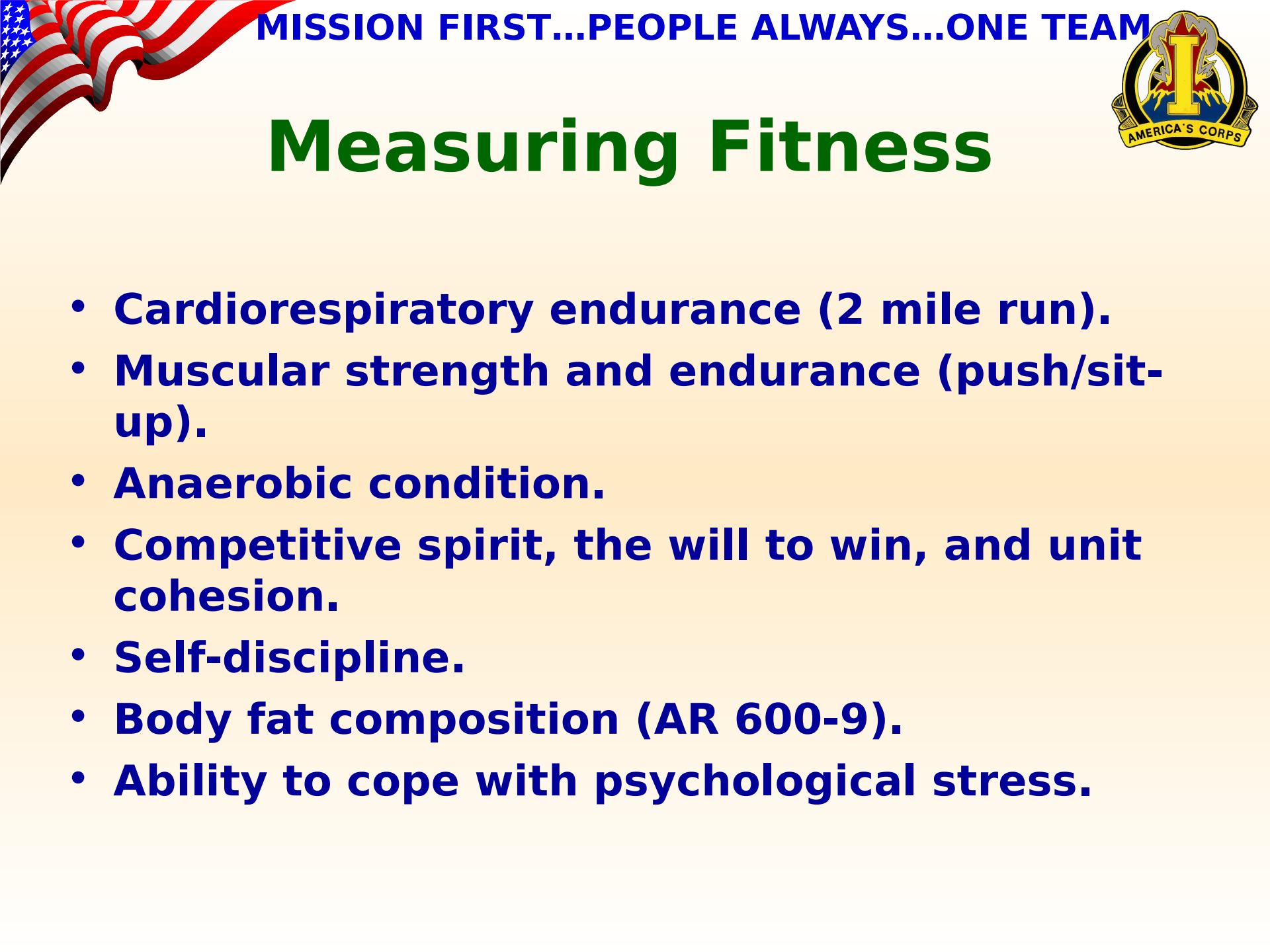
Terminal Learning Objective

- **As a leader of a PT activity, the student will recognize hazards and implement control measures into the unit physical training program in accordance with (IAW) AR 350-15 and FM 21-20.**



Pt Regulations And Schools

- AR 350-15 ARMY PHYSICAL FITNESS PROGRAM
- AR 600-63 ARMY HEALTH PROMOTION
- FM 21-20 PHYSICAL FITNESS TRAINING
- DA PAM 350-15 COMMANDERS HANDBOOK ON FITNESS
- DA PAM 350-18 INDIVIDUALS HANDBOOK ON FITNESS
- DA PAM 350-21 FAMILY FITNESS HANDBOOK
- DA PAM 350-22 YOU AND THE APFT
- FL Reg 350-1 TRAINING AT FORT LEWIS
- US ARMY PHYSICAL FITNESS SCHOOL, FORT BENNING, GA
- MASTER FITNESS TRAINER COURSE (LOCALLY TAUGHT)



Measuring Fitness

- **Cardiorespiratory endurance (2 mile run).**
- **Muscular strength and endurance (push/sit-up).**
- **Anaerobic condition.**
- **Competitive spirit, the will to win, and unit cohesion.**
- **Self-discipline.**
- **Body fat composition (AR 600-9).**
- **Ability to cope with psychological stress.**



PT Policy

- **Includes all soldiers, branches, units and agencies.**
- **Commanders establish programs with AR 350-15 and FL Reg 350-1**
- **Meet standards in AR 350-15, FM 21-20 and FL Reg 350-1**



Training Policy

- All personnel will take part.
- Standards may be increased but not lessened.
- Leadership is critical to success, lead by example.



Signs that Endurance Limits are Met

- **Decline in ability to maintain current level.**
- **Shortness of breath.**
- **Light-headedness, faint, loss of consciousness.**
- **Nausea or vomiting.**
- **Limping, strains and sprains.**
- **Muscle and joint pain.**

NOTE

If the leader detects any of these signs, exercises will be stopped and the soldier will be referred for medical help.



Signs that Serious Conditions Exist

- Irregularities in heart beat.
- Chest discomfort, including pain, tightness, pressure, constriction, or a feeling of smothering.
- Cessation of perspiration; hot, dry skin and confusion.
- Muscle cramps.

NOTE

Not all chest pains are symptoms of danger. Those that increase with exercise, however generally are.



Planning and Evaluating the Program

- **Environmental considerations:**
 - Heat - wet bulb reading, dehydration and heat injuries.
 - Cold - frost bite and cold other cold weather injuries.
 - Traction - icy roads, gravel roads and wet grass.
- **Soldiers' levels of conditioning:**
 - Low - slowly increase the intensity.
 - High - not everyone is at the same level.
 - Age - over 40 cardiovascular screening program.



Planning and Evaluating p.2

- **Facilities:**
 - Availability for inclement weather.
 - Instruction for proper use of equipment.
- **Traffic:**
 - Routes - low traffic and closed roads.
 - Procedures - roads guards in formation.
 - Formations - run three abreast on side of roads



Planning and Evaluating p.3

- **Emergency Procedures:**
 - Medical facilities - know where they are.
 - Emergency vehicles for training off post, and road marches.
 - Objective is to enhance soldiers abilities to meet the physical demands of war.
 - Training should challenge soldiers.





Most Common Injuries and Causes

- **Common injuries are caused by:**
 - Overuse (Most can be treated with R.I.C.E)
 - Exercising too much and too often.
 - Too rapid an increase in the workload.
- **Common injuries associated with exercise:**
 - Dislocation - bones out of joint.
 - Blisters - liquid under the skin.
 - Shinsplints - injury to the soft tissue of the shin.
 - Sprains - stretching or tearing ligaments at a joint.



Most Common Injuries and Causes p.2

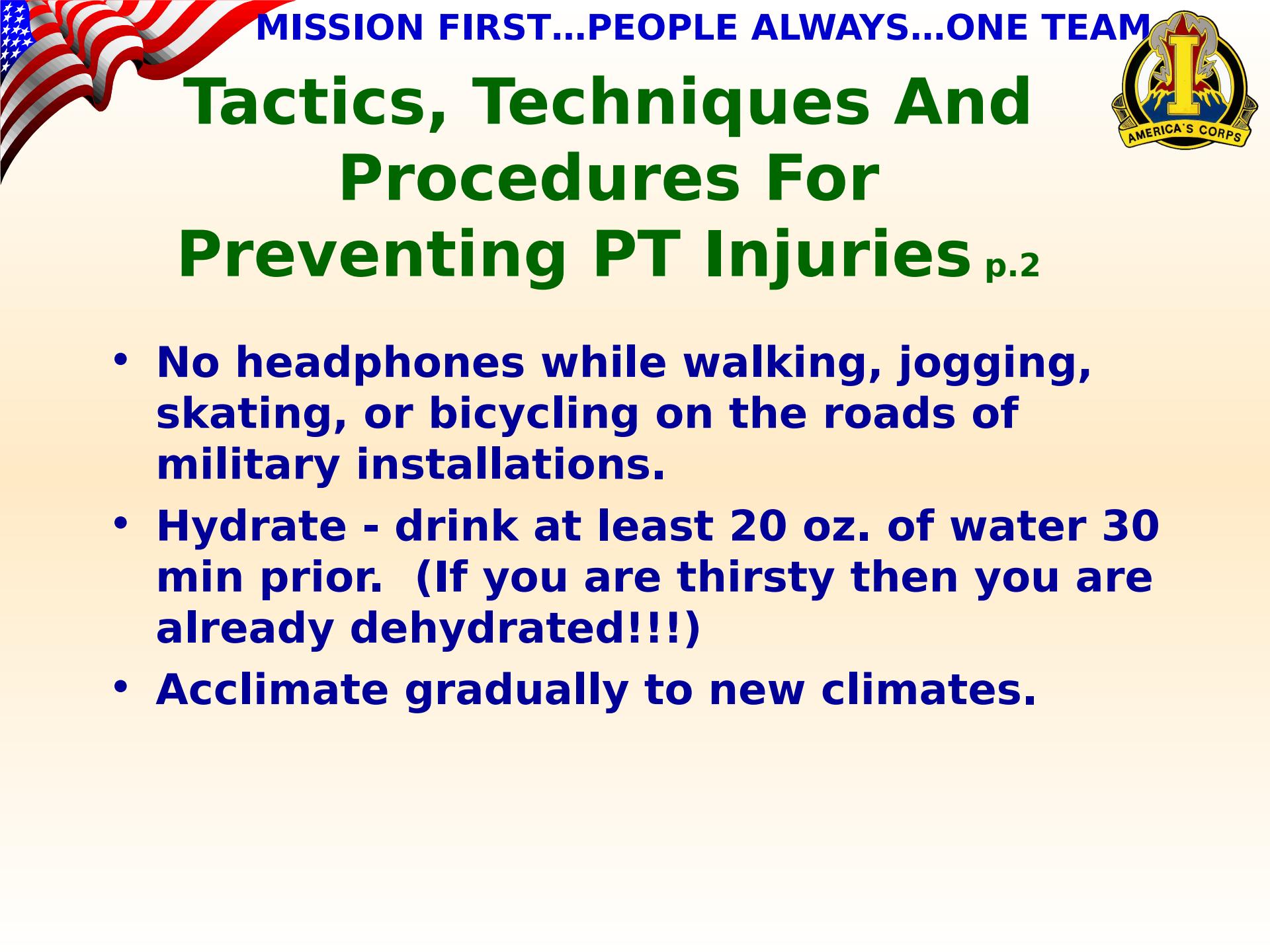
- **Common injuries associated with exercise (cont.):**
 - **Strains** - stretching or tearing of the muscles.
 - **Contusions** - bruise with bleeding into the muscle.
- **Injuries associated with running:**
 - **Black toenails.**
 - **Ingrown toenails.**
 - **Stress fractures of the feet.**
 - **Ankle sprains and fractures.**
 - **Knee injuries, etc., etc.**





Tactics, Techniques And Procedures For Preventing PT Injuries

- **Don't overstress any body parts.**
- **Allow enough time for recovery.**
- **Include warm-up and cool-down.**
- **Gradually build up.**
- **Reduce running on concrete.**
- **Proper clothing.**
- **Proper equipment.**



Tactics, Techniques And Procedures For Preventing PT Injuries p.2

- **No headphones while walking, jogging, skating, or bicycling on the roads of military installations.**
- **Hydrate - drink at least 20 oz. of water 30 min prior. (If you are thirsty then you are already dehydrated!!!)**
- **Acclimate gradually to new climates.**



MISSION FIRST...PEOPLE ALWAYS...ONE TEAM



Questions?